

## INSHAPE DNR Day

### Walks for Fitness

**Saturday September 9, 2006**

**Walks begin at 10:00 a.m. local time, and are led by DNR staff and community leaders. Wear comfortable, weather-appropriate clothing. Bring along your filled water bottle. Free t-shirts are provided to participants on a first-come first served basis by the Indiana State Department of Health and Dick's Sporting Goods.**

### Walk Locations

<b>Property</b>	<b>Meeting Site</b>	<b>Surface</b>	<b>Approx. Distance/Other Info</b>
Brookville-Mounds State Rec Area	Glidewell Mound Trailhead	Trail	2 miles (moderate)
Brown County State Park	Trailhead #5	Trail 5, 4 & 7	2 miles (rugged)
Chain O'Lakes State Park	Campground Entrance Gate	Trail 1 & 2	2.5 miles (moderate)
Charlestown State Park	Oak Shelter	Trail #2	1 mile (moderate)
Clifty Falls State Park	Swimming Pool Bath House	Trails/Road	2.2 miles (moderate-rugged)
Falls of the Ohio	George Rogers Clark Home Site	Floodwall/grass	3 miles (moderate)
Fort Harrison State Park	Harrison Trace Picnic Area	Harrison Trace	2-3 miles (accessible)
Hardy Lake	Trailhead #4 (Island Trail)	Trail	1.9 mile (moderate)
Harmonie State Park	Campground Gate	Road	2 miles (moderate)
Indiana Dunes State Park	Main Pavilion Parking Lot	Trails	2 miles (moderately rugged)
Cagles Mill Lake (Lieber SRA)	Hilltop Shelter House	Trails	1 mile (Steep Hill/Transportation)
Lincoln State Park	Beach House Parking Lot	Lake Lincoln Trail	1.5 mile (easy)
McCormick's Creek State Park	Nature Center	Trail 8 & roads	2 miles (easy accessible)
Mississinewa (Upper Wabash Res.)	Blue Heron Trailhead	Trail	2.5 miles (moderate)
Monroe Lake	Paynetown Rec Area Nature Center	Road	1.5 mile (easy)
Mounds State Park	Swimming Pool Parking Lot	Trail	2.5 miles (moderate)
O'Bannon Woods State Park	Nature Center	Road	3 miles (moderate)
Ouabache State Park	Kunkel Lake Spillway parking lot	Bike Trail/Road	2 miles (moderate)
Patoka Lake	Modern Campground Shelter House	Paved Fitness Trail	2 mile (easy)
Pokagon State Park	Campground Gate/Youth Tent Area	Trail #8 & #9	1.9 – 2.9 miles (last mile optional)
Potato Creek State Park	Nature Center	Trail #1	2 miles approx. (moderate)
Prophetstown State Park	Blazingstar Shelter	Bike Trail	2 miles (accessible)
	Or Trail 1	Trail	2.75 miles (easy)
Raccoon Lake/Mansfield Mill SRA	Camp Store	Bike Trail	1.5 (easy)
Shades State Park	Pond by Dell Shelter Parking Lot	Trails	3 miles (moderate)
Shakamak State Park	Nature Center	Road	2.5 miles (not accessible)
Spring Mill State Park	Nature Center	Trail/Road	3 miles (moderate)
Summit Lake	Beach parking lot	Road	2 miles (easy)
Tippecanoe River State Park	River Shelter Parking Lot	Trails #3 and 4	2 miles (moderate)
Turkey Run State Park	Nature Center	Trails	1.5 miles (moderate)
Versailles State Park	Oak Grove Parking Lot	Trail 1	2.25 miles (moderate)
Also: White River State Park	Visitor Center	Paved Trail	2-3 miles (easy)

### How to Participate

**Register in advance at [www.INSHAPE.IN.gov](http://www.INSHAPE.IN.gov) to receive a free property admission coupon for any of the Walks for Fitness on September 9, 2006. If you are camping or visiting a property on September 9<sup>th</sup> and would like to join us for the Walk for Fitness, register on-line at [www.INSHAPE.IN.gov](http://www.INSHAPE.IN.gov). Please note that advance registration is required for free admission to properties on September 9<sup>th</sup>. Information is also available about INSHAPE Indiana at 1-800-433-0746.**